

Newsletter

Spring 2020

Leeds University Intercultural Ambassador Event

For the fifth year MAECare will be joined by a small group of students from Leeds University.

This year the theme is: 'Create & Communicate' – an afternoon of international activities. Come along & spend an afternoon with a group of Intercultural Ambassadors from the University of Leeds. Learn Chinese calligraphy, Japanese origami & tongue twisters from around the world, all over a cup of tea and cake. Prizes to be won!

Friday 13th March 2-4pm, free, contact Julie for more info & to enquire about transport.



Renewal of Membership

It's time to renew your membership or if you've never joined, it's a chance to do so! The benefits are savings on the cost of attending activities and events: if you're a member you'll find that almost all events and activities are cheaper. Plus you're helping MAECare to raise valuable funds that support our charitable activities.

Membership of MAECare runs for 12 months from 1 April – 31 March Cost: £12 for a single person and £20 for a couple. See letter enclosed for details of how to join or renew your membership.

Easter Opening

There will be no regular groups or activities at MAECare from Friday 10th April to Friday 17th April. Activities will resume Sunday 19th April with Shared Tables.

The MAECare Photographers exhibition!

The most recent project by the MAECare photography group, entitled "Leeds Through A Lens: Beauty In The Ordinary" is going to be exhibited at Meanwood Valley Urban Farm.

If you would like to come along to the opening of the exhibition to see this talented group's work in the lovely surroundings of the farm and enjoy a buffet lunch, please register your interest. Please note: the venue for the exhibition is on an upper floor but there is a small lift on site.

Wednesday May 20th 11.30-14.00
Price £5.00 for lunch, please enquire if you need transport. Places limited but the exhibition will be open to view at other times.



Zumba Gold tutor Donna is moving on

As many of you now know, Donna, our fantastic Zumba Gold tutor is giving up her classes for a new role. MAECare would like to thank Donna for all her enthusiasm and hard work as our incredibly popular tutor. We will be seeking a new Zumba Gold tutor to replace her but there may be a gap in classes as we sort this out. Depending on availability of a new tutor we may also have to move days/venues but will endeavour to keep the existing arrangements if we can. Thank you for your patience.

Your Local Neighbourhood Network Scheme supported by



**Office Telephone:
0113 266 0371
www.maecare.org.uk**

Events at MAECare

For all events please ring the office or send in an Interest form

Rock 'n' Roll Jukebox

Come and be entertained with an array of popular songs from the Rock n Roll era with Cat's Pjamas plus tea and cake.

11th May 2020
2-3.30pm,
St Barnabas
Church Hall,
The View, Leeds
LS17 7NA

£5 member
£8 non members
Transport available if needed.



Dinner with Harvey

Expression of Interest.

We are planning an evening meal at Harvey Nichols Brassiere restaurant in Leeds City Centre in April 2020. This luxurious dining experience will take place on the 4th floor, where you will be able to choose from 2 or 3 courses of modern British fare. Please register your interest to attend.

Dates, menu, price and times will be set in due course.

Health and Wellbeing Events

Foot Health Talk

A podiatrist from the NHS will be coming along to talk to MAECare members about the importance of foot health for older people – crucial to general health and good ongoing mobility. You can also give your feet a quick MOT by having them checked while you're here.

Wednesday 18th
March 2-3pm at
57a Cranmer Bank,
Free. Contact Julie
to book a place &
to enquire about
transport.



Cancer Awareness Talk

Knowledge is power – join Meghan and Darren from Leeds cancer charity Leeds Cancer Awareness to find out more about the most common forms of cancer, early signs and symptoms and what screening programmes are offered by the NHS. This will be an interactive session which will ensure you have up to date knowledge for you and your loved ones. Friday 3rd April 10.30-11.30 at 57a Cranmer Bank, free. Contact Julie to book a place & to enquire about transport.

Making a Match Club

The Making a Match Project is for people who are aged 50+ living in the Leeds 17 & 16 areas. The aim of the project is for people to make small friendship groups and get together for activities. Whatever people want to take part in, we will try to accommodate.

Some current and planned activities are:

Walking Football Monday evenings, at 6.30-8.00pm Allerton Grange School, Leeds LS17 6SF

We now have 41 members of walking football. Its gentle exercise and the camaraderie between members in the group is great, so if you do fancy meeting new friends and getting some exercise it might be the group for you.

Cuppa and a chat Cuppa and a chat is a small group of local (LS17) people who meet on a Thursday at 12.45pm until 2pm at the Community Place cafe, 55 Cranmer Bank, next door to MAECare.

The café is a community café that provides very cheap lunches and it's an opportunity for people to have a natter and a bite to eat.

Sunday Cinema Making a Match Sunday Cinema will be on the third Sunday of each month at MAECare's offices. The dates are:

March 22nd 1.30 – 4.30 "Judy "

April 19th 1.30 – 4.30 Showing a secret film (you will have a choice out of three films – then the winner will be shown).

May 24th 1.30 – 4.30 Showing a secret film as above.

Walking Group If you fancy a short walk or a longer striding-out walk, and meeting like-minded people, just let Mary know. We will be setting up 2 groups of shorter and longer walks, based on people's needs. Spring is just around the corner so let's get our boots on and head out, it's been a long winter!. Dates TBC.

Lunch and a Laugh (Details to be confirmed) Contact Mary Baillie at MAECare about any of these groups, or for a chat about any group you would like to join, based upon your own interests.

N.B. You will need to be able to make your own way to Making A Match activities, as no transport is provided.

Explore your creative curiosity

If you have a flair for words, enjoy or want to learn new skills in writing short stories and poetry, then why not try the MAEWriters' group?

It meets weekly during term time with a fortnightly session led by James Nash renowned 'poet, writer and journalist'.

A termly fee applies.
For more details contact Rhonda at MAECare



MAECare trips and outings

Local Outings

Wednesday Wonders

These short local outings offer transport from home and are particularly suitable for people who only like to travel a short distance. If you need any assistance to come on the trip such as having someone to push your wheelchair, please let us know.

Places are limited and priority will be given to people who've not gone on a trip recently.

Stephen H. Smith's Garden Centre

A visit to perennial favourite in Otley with plants and gifts galore. You can choose your meal or snack from the menu in Hattie's Restaurant and sit at a reserved table for lunch before you browse and shop.

Wednesday 1st April 11am – 4pm.
Transport from home included.
£7/£10, or with 3 course meal £27/£30.

Thwaite Mills

Only two miles from Leeds City Centre, Thwaite Mills is one of the last remaining water-powered mills in Britain. Nestled on an island, it is situated in beautiful riverside surroundings with a rich wildlife habitat. Enjoy a guided tour of a unique piece of Yorkshire's industrial heritage and picnic by the River Aire. Wednesday 27th May 11.00am – 4.00pm.

Transport from home, entrance fee and picnic lunch included - £17.00/£25.00 (non-members)



MAECare presents Film Friday

Join us for a complete cinematic experience with popcorn and interval refreshments as 57a becomes a mini-picture house. These film showings are always popular and must be booked in advance as space is limited.

Downton Abbey The Movie

Starring the original TV cast, the Crawleys and their intrepid staff are preparing for a royal visit, unleashing scandal, romance and intrigue that will leave the future of Downton hanging in the balance.

3rd April 1.45pm – 4.30pm

Judy

30 years after she shot to stardom in *The Wizard of Oz*, Judy Garland arrives in Swinging London to perform in a sell-out run at *The Talk of the Town*. After working for most of her 47 years, Judy is fragile and exhausted; will she have the strength to go on? Featuring some of her best-known songs, this poignant biopic, with an award winning performance by Renée Zellweger, celebrates the voice, the capacity for love and the sheer pizzazz of "the world's greatest entertainer".

1st May 1.45pm – 4.30pm

Little Women

While remaining faithful to Louisa M. Alcott's classic story of the March sisters, the film also provides a fascinating contemporary perspective on the work and the role of women in society during the time of the American Civil War.

5th June 1.45pm – 4.30pm

Film showings are free, with interval refreshments available for a suggested donation of £2.00.



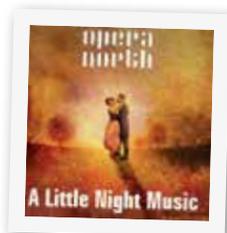
MAECare Theatre for All

MAECare are pleased to offer occasional trips to the theatre. We'll pick you up from home and drop you off as close to the venue as possible – there is likely to be some walking involved, so please ask us for more details. Seats are available with level access and if you need support to come on a trip, please tell us when you book

A Little Night Music

Wednesday 13th May, Leeds Playhouse, 6.00pm to 10.30pm.
£20.00 members/£30 non-members.
Transport from home and ticket included.

A chance meeting between ex-lovers sparks a game of romantic musical chairs over a weekend in the country, as hopelessly mismatched couples find themselves confronted by their own vanities and deceptions. Stephen Sondheim's tantalising tale flirts with musical theatre and opera, and includes the classic song 'Send in the Clowns'.



This latest collaboration between Opera North and Leeds Playhouse features Opera North favourites and the award-winning Chorus so expect an evening that is heart-warming and heart-breaking in equal measure.

Les Misérables

With scenery inspired by the little known paintings of writer Victor Hugo, this brilliant new staging has taken the world by storm and has been hailed as "Les Mis for the 21st Century".

The score includes the songs "I Dreamed a Dream", "One Day More", "Bring Him Home" and many more.

Thursday 23rd July 5.30pm to 10.30pm, Leeds Grand Theatre

£77.00 Transport from home and ticket included.

This production includes gunfire, smoke and flashing light effects.

If you would like to pay for any theatre trip in installments please indicate this on your 'Interest' form when you return it.

Regular Activities

Please enquire about transport if needed.

Please call for information and to book.

- Weekly Groups
- 2/3 times a month
- Monthly Groups

Monday	Tuesday	Wednesday
<p>Extend Class Weekly Monday 11.00am – 12.30pm and 1:20 – 2:50pm Moortown Baptist Church, 204 King Lane, LS17 6AA Gentle exercise class for the over 60s. £3 Members / £3.50 non-members.</p>	<p>Dance On Weekly Tuesday 1.30 – 2.30pm Moortown Methodist Church, Alderton Rise, LS17 5LH Fun, accessible dance sessions designed for older people. Paid for in advance by block booking. First class free. £3 member/£4 non-member.</p>	<p>Chair-based Exercise Weekly Wednesday 1.00 – 2.30pm St Paul's Church Hall, King Lane, LS17 5ES Popular class offering exercise in the comfort of a chair, with actions to music. £3 members, £4 non-members. Paid for in block bookings of 8 weeks – contact the office for further details.</p>
<p>Tai Chi Weekly Monday 11.00am – 12.00 noon St Paul's Church Hall, Buckstone Crescent, LS17 5ES Combining deep breathing, relaxation and slow movements, tai chi can help reduce stress and improve balance. Wear loose clothing and comfortable shoes. £3 per session for members/ £4 non-members.</p>	<p>CAMEO Group 1st & 3rd Tuesday of month 2.00 – 4.00pm MAECare 57a Activity based group for those who need a little extra support. £2 members, £3 with transport. Spring Dates: 3rd & 17th March, 7th & 21st April, 5th & 19th May.</p>	<p>Zumba Gold Weekly Weds & Thurs 10.00am – 11.00am Weds: St Paul's Church Hall, King Lane, LS17 5ES Thurs: St Stephens Church Hall, LS17 5PX Popular dance-based class. Ticket system (5 or 10 in a block) – call for information.</p>
<p>Carers LS17 Group 1st Monday of month 10.30am – 12.00 noon MAECare 57a Monthly group for carers run by Carers Leeds. Angie, Carers Leeds Tel no: 380 4300.</p>	<p>Games Afternoon 2nd Tuesday of month 2.00 – 4.00pm. Free MAECare 57a New for 2020: on Tuesday 10th March and 12th May we'll meet in the Community Hall at The Lingfield Centre, Lingfield Hill, LS17 7EL where you can have a go at indoor Kurling, Boccia (seated bowling game) as well as Carrom and other games.</p>	<p>Tech Wednesday Weekly Wednesday (TERM TIME ONLY) 1.30 – 3.00pm MAECare 57a Appointments available with local students for IT help. Call to book a slot.</p>
<p>Art Class 3rd Monday of month 10.30am – 12.30pm MAECare 57a Popular art sessions led by a tutor (see front page for more details). £2.50 member / £3.50 non-members. Booking Essential.</p>	<p>Massage 2nd Tuesday of month 1.30 – 3.30pm MAECare 57a Take the stress away with a massage from our qualified masseurs. Half hour and one hour slots of hand, foot, neck or shoulder massage. Booking Essential £10 per 30 mins, paid in advance. NO TRANSPORT.</p>	<p>Twilight Zone Monthly 4.30 – 6.30pm MAECare 57a Enjoy a takeaway meal of your choice, dessert and games, £6.00 Spring Dates: 18th March, No 15th April, 20th May.</p>
<p>Readers' Group 4th Monday of month 2.00 – 3.30pm MAECare 57a Regular monthly readers' group – call MAECare for more info.</p>	<p>Men's Den 4th Tuesday of month 2.00 – 4.00pm MAECare 57a Lively discussion and activity group for men, £2 members, £3 with transport. Spring Dates: 24th March, 28th April, 26th May.</p>	

Regular Activities

Please enquire about transport if needed.

Please call for information and to book.

- Weekly Groups
- 2/3 times a month
- Monthly Groups

Thursday	Friday	Weekend
<p>Singing with the MAECare Warblers 1st Thursday of month, 10.30am – 12.00 noon MAECare 57a Singing group led by Liz and Reggie £2, including refreshments. Spring Dates: 5th March, 2nd April, 7th May.</p>	<p>Yoga Weekly Friday 10.00am – 11.00am St Paul's Church Hall, King Lane, LS17 5ES A gentle yoga class for the over 60s: seated or standing. £4.50 Members / £5.50 non-members, paid for in blocks.</p>	<p>Shared Tables PLEASE BOOK YOUR PLACE WITH THE OFFICE. We cannot provide transport for Shared Table meals, so you must be able to get to the venues independently. Saturday 7th March Italian fayre at Gusto, 151 Otley Old Rd, Leeds LS16 6HN. Arrive at 12.30pm. Sunday 29th March Pub grub at the newly refurbished King on the Lane, 1 Moor Allerton Centre, Leeds LS17 5NY. Arrive at 12.30pm Saturday 4th April Mouth-watering Mediterranean meals at Ego at The Wellington, Wetherby Road, Shadwell, LS17 8LZ. Arrive at 12.30pm. Sunday 19th April Classic carvery at The Lord Darcy, 618 Harrogate Road, LS17 8EH. Arrive at 12.30pm. Saturday 2nd May Pub grub at The Red Lion, 60 Main St, Shadwell, LS17 8HH. Arrive at 12.30pm.</p>
<p>New for 2020: The Thursday DROP IN is dropping out and POPPING UP in the community Thursday, 11.00am – 12.00 noon Join Maria for a cuppa and chat in the library at Moor Allerton Community Hub on Thursdays 12th March and 14th May.</p>	<p>Film Friday 1st Friday of month 1.45pm – 4.30pm At MAECare Free film showings – for details see Events pages. Booking essential for each film.</p>	
<p>Creative Writing Weekly Thursday, 1.30 – 3.30pm, in term time Regular group who meet to develop their creative writing. Fee payable. Booking required.</p>		
<p>Thursday Club 3rd Thursday of month, 10.30am – 12.00 noon, (See right) MAECare 57a £2 members, £2.50 non-members, including refreshments. Transport – call for information Coffee mornings with speakers and activities. For details see box.</p>	<p>Thursday Club: <u>March 19th</u> St Patrick's Day games and sing-along <u>May 21st</u> Roger Gilbert entertains us with his Ukulele. Each session, including refreshments, costs £2 for MAECare members/£2.50 non-members. Transport is available.</p>	
<p>Knitting Weekly Thursday, 2.00pm – 4.00pm MAECare 57a Knit or bring your own craft activity Relaxed and sociable session. £1 Members.</p>		

Community Connections

Volunteer Spotlight

Newsletter working party volunteers

In 2019, 22 volunteers helped to deliver over 2500 newsletters to local members. This has saved the charity a whopping £1,525 in postage. To put this in perspective, this will help run Active Minds (a specially designed session for people living with Dementia) for 20 weeks!

Caroline Wright, Administration and Communications Officer at MAECare works closely with our newsletter volunteers and says "The reliable and dedicated volunteers who fill envelopes and deliver Newsletters save MAECare a considerable amount of money in admin and postage costs.

They are always so dependable and efficient, and also provide a valuable service feeding back any changes e.g. people who have moved away. A big thank you to you all!"

If you would like to join our volunteer team contact the office or email: louisa@maecare.org.uk



Family History Group

Ever wanted to look up your family tree and discover your heritage? Well our new group can help you to research back into your past and discover your family tree with the help of census records websites like Ancestry. Even if you have no digital skills we have volunteer students from Allerton High School on hand to help you research.

Fortnightly group at Moor Allerton Community Hub. Call to find out more. Transport may be available, please call to find out more.



New group for carers of people living with dementia

Are you caring for a family member or friend with dementia?

Carers Leeds will be running 4 free workshops at MAECare to help carers find out more about:

- Understanding dementia
- Coping with unusual behaviours
- Legal and money matters
- Accessing support and services

(It would be most beneficial to attend all 4 sessions)

Tuesdays June 2nd, June 9th, June 16th, and June 30th 2020, 11.00 – 1.00pm.

All the sessions will be held at MAECare, 57 Cranmer Bank. For more information or to book a place, please contact Rebecca Matthews on 0113 266 0371 or email rebecca@maecare.org.uk

If you are unsure about whether you would be able to attend due to your caring responsibilities please get in touch to discuss what support might be available.

Gardening Group

Fortnightly Wednesday, 1pm – 2.30pm, Allerton High School

Work alongside students to create a garden at Allerton High with outdoor beds and greenhouse activities.

Starting Wednesday 4th and 18th March, 1st, 15th and 29th April, 13th May.



Fundraising and donations

Many thanks to **Shadwell Methodist Church, St Barnabas Church** and the **Elysian Singers** for their combined efforts and Christmas fundraising. Between them they raised £593.72 for MAECare.

Also we're delighted to report that the students at Leeds Grammar School fundraised £250 for MAECare.

Information

FREE Legal Advice

- MAECare has invited a number of solicitors to come to our office and provide free legal advice sessions.
 - They can talk to you about writing a will, setting up a Lasting Power of Attorney or issues regarding care home fees.
 - The solicitors have asked us to emphasise that the advice they can give in this session as outlined above. The sessions are offered to members, and their family members.
- **The free legal advice sessions are available on the first, second, and fourth Friday of the month from 10am to 12 noon. We also offer another Legal Advice session on the third Wednesday of the month between 2-4pm.**
 - The half hour appointments are held in our private interview room. The sessions are offered by Oakwood Solicitors, Levi Solicitors, Milners Law Company and Morrish Solicitors.

Leaving a Legacy to Moor Allerton Elderly Care

Leaving a legacy to MAECare is one of the most effective ways that you can support people in later life to live independently.

You can help us to

- Provide a friendly visitor for a lonely person.
- Ensure that everyone gets transport to all our activities.
- Support outings to the theatre, for meals and to the coast.
- Offer a range of exercise classes to keep people healthy.

You can leave a specific sum of money – any amount can make a difference.

You can leave a percentage of what's left of the value of your estate after all bills have been paid and all other legacies have been distributed.

If you already have a will, it's quick and simple to include a gift to MAECare. You won't need to rewrite your will; a qualified solicitor can draft an amendment (called a codicil) for a minimal cost. If you want to find out more about making a will, MAECare has four firms of solicitors who offer free legal advice at the office – Oakwood's, Levi's, Morrish's and Milners.

You can also find a list of solicitors who belong to the organisation Solicitors for the Elderly at www.solicitorsfortheelderly.com

Staffing

Introducing Mary Baillie, our new Project Worker (Making a Match)

Hello there, my name is Mary Baillie and I am very excited to be working for MAECare since January 2020.

I have worked in the Voluntary Sector for the last 28 years, in the areas of mental health, housing, trafficking, and child sexual exploitation.

My role within MAECare is to develop and support small friendship groups or 1 to 1 friendships through the "Making a Match Project". The Making a Match Project is for people aged 50 and upwards who live in the Leeds 16 and 17 areas. The idea of the project is to offer social engagement for people who may be socially isolated or who just want to expand their social network and meet likeminded people.

When I am not at work I enjoy swimming, walking, reading and mindfulness.

Introducing Carole Smith, our new Sessional Dementia Support Worker

I joined MAECare in December 2019. I run the fortnightly Active Thursdays group for people who are living with memory loss and dementia. The group involves activities which are designed to help people keep their minds active and engaged, and also support social connections and having fun together.

I am keen to build on people's strengths and interests and offer activities which are meaningful to them, whilst also introducing new, gentle challenges. Previously, I volunteered in a group supporting people with dementia, and I have worked with older people in various settings for a long time (my background is in Occupational Therapy).

In my spare time I enjoy being with my family and friends, going to live music performances and being part of a local church, where I also have a part-time role as a Seniors Worker.



Dates for your diary

March

Wednesday 11th

Treetops in the Spring

Friday 13th

Leeds University Intercultural event

Wednesday 18th

Foot Health Talk

Gardening Group

Thursday 19th

Thursday Club – St Patrick's Day

games & singalong

Sunday 22nd

Sunday Cinema – "Judy"

April

Wednesday 1st

Trip to Stephen H. Smith's Garden Centre

Gardening Group

Friday 3rd

Cancer Awareness Talk

Film Friday – "Downton Abbey"

Wednesday 15th

Gardening Group

Sunday 19th

Sunday Cinema – film TBC

Monday 20th

Walking Football

Wednesday 29th

Gardening Group

Date TBC

Spring Dinner with Harvey

May

Friday 1st

Film Friday – "Judy"

Monday 11th

Rock 'n Roll Jukebox

Wednesday 13th

Gardening Group

Monday 18th

Walking Football

Wednesday 20th

MAECare Photographers' Exhibition

Thursday 21st

Thursday Club –

Roger Gilbert with his ukulele

Sunday 24th

Sunday Cinema – film TBC

Wednesday 27th

Trip to Thwaites Mill

June

Monday 1st

Walking Football

Friday 5th

Film Friday – "Little Women"

July

Monday 20th

Walking Football

Event Reminder – Treetops in the Spring

Wednesday 11th March, 12-2pm

Taking place at Treetops
Community Centre,
Squirrel Way, LS17 6DP

This event is **fully booked**.
Please ring the office to be
put on the **waiting list**.



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Lunch at
Ours*

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care and support

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Join us before 31 March 2020* with a friend and you can enjoy a FREE 2-course lunch and a tour of our luxury retirement apartments.

Book your FREE lunch at ours today!

* Subject to availability

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 Moor Allerton
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